## PEER-TO-PEER GUIDE FOR STUDENT LEADERS AND TEENS

## FOR STUDENT LEADERS AND TEENS: HELPING TO CREATE KNOWLEDGE



U.S. Department of Health and Human Services

NATIONAL INSTITUTES OF HEALTH



PEER: RABUSE IS DRUG ABUSE

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**Simply put: Teens listen to teens.** You can make your voice heard among your fellow students and help them understand why it's dangerous to abuse prescription drugs. And NIDA can help. Here are some ideas on how to share facts about prescription drug abuse with your friends and classmates in a fun and active way.

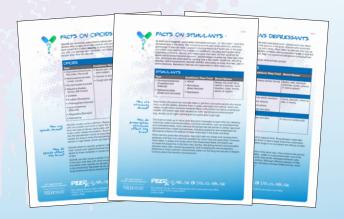
## IDEA !

At your next school assembly or extracurricular activity meeting, discuss prescription drug abuse and the effects that it has on the brain. Create a video to engage your classmates, or make a large banner to hang from the ceiling or on the wall, listing facts that you think are important. Explore NIDA's PEERx Web site to find all the information you need to engage your peers.



## IDEA 2

**Organize** a health fair at your school or set up a health information table at the next football game. Make sure to include information on prescription drug abuse by printing out the fact sheets from **The Facts.** 



Learn more about prescription drug abuse and the harmful effects it can have on the body. Get involved and tell others about what you learn. Spread the word to prevent prescription drug abuse. Go online to check out PEERx at http://teens.drugabuse.gov/peerx.

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